|  |  |  |
| --- | --- | --- |
| **Day** | **Meal** | **Nutrition Info** |
| *Monday* | * Grilled Chicken Breast * Whole Wheat Roll * Green Beans * Fruit Salad * Skim Milk |  |
| *Tuesday* | * Turkey with Light Gravy * Whole Wheat Roll * Peas * Cranberry Sauce * Skim Milk |  |
| *Wednesday* | * Vegetarian Chicken Nuggets * Brown Rice * Broccoli * Apple Sauce * Skim Milk |  |
| *Thursday* | * Whole Wheat Pancakes * Light Scrambled Eggs * Fruit Cup * Small Spinach Salad * Bottled Water or Caffeine Free Diet Green Tea |  |
| *Friday* | * Whole Wheat Pasta with Tomato Sauce * Asparagus * Banana * Skim Milk |  |

Melissa Reinbold